Hawaii Marine C Section January 16, 2004

Lakers rumble over Thunders

Cpl. Jessica M. Mills News Editor

In week one of the 2004 Youth Basketball season, the Lakers, of the Termite Division, proved once again that it lives up to its name when the team defeated the Thunders, 44-12, Saturday at the Semper Fit Center aboard MCB Hawaii, Kaneohe Bay.

The Lakers claimed control of the game from the tip-off when 10year-old Trevor Chambers completed two textbook layups in a row and put his team on the board, 4-0.

Following Chambers' lead, 8year-old Laker Chris Clarke managed to sink four baskets consecutively, scoring eight of his gamehigh 20 points before the Thunder players had a chance to counter, raising the score to 12-0.

Finally, Thunders player Vallie Rodriguez broke through the Lakers' stronghold and landed a difficult shot from the far left corner of the court, bringing hope to the eyes of her fellow teammates.

Unfortunately, the Thunders' small victory was short-lived. Their defenses were unable to control the barreling course of Clarke, who dominated the boards and landed another three shots for the Lakers.

The Thunders called a time-out and tried to collect themselves before walking back out to the "devil's den." But once the timeout was over, the Lakers continued their reign of terror.

The Thunders had a good start, managing to dribble the ball to their side of the court, but Chambers made a quick swipe and stole the ball straight from under their noses. Before any of the opposing team made it to the basket, Chambers casually shot a layup into the net.

With five minutes left in the half, Chambers managed another layup, but the Lakers were then called on a foul. Although the Thunders had control of the ball, they were unable to take a shot, and the Lakers again stole the ball. Clarke took this opportunity in the game to land another two layups, raising the score 24-10.

The game continued on in this fashion, with Chambers and Clarke alternating shots. The well-organized Laker defense held the Thunders to only two points in the first half to the Lakers' 36.

Even though the Thunders walked off the court after the first half, with defeat in their eyes, they

See LAKERS, C-6



Ten-year-old Trevor Chambers cruises into the lane during the first game of the 2004 Youth Basketball season.

Paddling up ocean enjoyment

Kayaking and canoeing offer up some Hawaiian style competition

Lance Cpl. Megan L. Stiner Combat Correspondent

Kayaks and canoes can be seen stretching across the beach and snaking through the water on any sunny weekend in Hawaii. The recreational sports of kayaking and paddling are gaining popularity throughout the country, and Hawaii residents are ahead of the game.

Hawaii is one of the nation's top areas for recreational and competitive kayaking. Some of the world's top paddlers are native to the Islands. One individual is 22-year-old Karel Tresnak Jr., an eight-time World

wide paddle manufacturing and caught out there on bad water. distributing company, Outrigger Connection.

"I hope to help establish paddling as a more internationally known sport; it is a lot of fun," said Tresnak Jr.

Kayaking began to gain popularity in the late 70s to early 80s and has since then become one of the world's top water recreational activities.

Being competitive in kayaking or outrigger canoeing is just as strenuous as any other serious sport. It takes daily practice and routine training to become a professional. Tresnak Jr. prepares for races and competitions by running, lifting weights and pad-

"Some athletes practice two times a day, five days a week," said Jerome Cox, recreational

Tresnak Jr. is the son of you get used to being on the Olympic medal winner Karel water. The weather can change Tresnak Sr., creator of the world-quickly, and you don't want to be

> Once you get competitive, kayaking can become an expensive hobby, said Cox, and you don't receive money when you win races. You compete for the love of the sport.

> "The Hawaiian Islands are home to the world's finest paddlers. It is a privilege to know them," he said.

> The easiest way to get involved in kayaking, paddling, or canoeing is to join a paddle club. Cox belongs to the Lanikai Canoe Club in Kailua. Other area paddling clubs include Pacific Paddler, Makaha Canoe Club, the North Shore Canoe Club and the Koa Kai Canoe

> It is no wonder the sport has gained worldwide recognition as being a top recreational activity in Hawaii with the increasing

Cox said, for beginners, it is availability to participate in Champion in the sport of padbest to go out with a partner until kayaking and canoeing. dling. Kimo Cox, 9, $\,$ grandson of kayak and canoe competitor Jerome Cox, glides through the water at Kailua beach.

MarForPac takes the challenge for Great Aloha Run

Pfc. Bernadette L. Ainsworth Marine Forces Pacific

U.S. MARINE CORPS FORCES PACIFIC, **CAMP H. M. SMITH** — U.S. Marine Corps Forces Pacific was challenged by Marine Corps Base Hawaii, Kaneohe Bay, to form a platoon to run in the 20th Annual Great Aloha Run, Feb. 16.

Sergeant Maj. William Wilson, Headquarters Battalion, MCB Hawaii, Kaneohe Bay, presented the challenge to Sgt. Maj. Juan Williams, Headquarters and Service Battalion, MarForPac, who accepted the challenge with open arms.

The Great Aloha Run is looking to the Marines for a big turnout this year in the "Sounds of Freedom" unit formation category, which was created to highlight the military in Hawaii.

Last year, there were 18,471 runners. Almost half of those were military members and 113 were

"We expect a smaller Army turnout due to the deployments to Iraq and Afghanistan, and a larger number of runners from the Marines," said Vera Ross, Great Aloha Run public affairs official.

Marine Forces Pacific is looking to form a 100man platoon and finish the 8.15-mile run without having any Marines fall out.

"We're not out to win the run; we're just out to finish and represent the command," said Col. William S. Febuary, commanding officer, Headquarters and Service Battalion, MarForPac.

"Marine Forces Pacific is going out there to form unit cohesion, reaffirm camaraderie and just have fun. We're also there to support the number of charities supported by the Great Aloha Run," said

Although there are many MarForPac Marines already registered for the run, MarForPac is looking for more participation to meet its goal of 100 run-

"The sergeant major is promoting this event at each of his weekly staff noncommissioned officer meetings, and at every promotion ceremony and field day formation," said Febuary.

The 100 Marines running for MarForPac will be joined by other formations from Kaneohe Bay, the largest being the 3rd Marine Regiment.

"Our goal is to get maximum participation," said

See RUN, C-6

Base Sports =

Edward Hanlon V MCCS Public Relations

JANUARY

17 / Saturday

3rd Marines 10K —Runners can burn off those holiday calories at the 11th Annual 3rd Marines 10 Kilometer Run, happening Saturday at 8 a.m. This race is open to the public, and begins and finishes at Pop Warner Field.

Costs are \$17 for individual runners and \$100 per 10-runner Runners will formations. receive a specialty race T-shirt at no extra charge. The top three finishers overall, as well as the top three finishers in each age group and formations, will receive awards.

Packet pick-up will occur at the Semper Fit Center between 9 a.m. and 4 p.m. today. Registration forms are located at the Semper Fit Center, Kaneohe Bay, or can be found online at www.mccshawaii. com.

This race is part of the Commanding General's Semper

Fit Series. For more information, contact MCCS Athletics at 254-7590.

Family Run — Want to race, but at a little more relaxed pace? Check out the one-mile Family Fun Run to take place after the 11th Annual 3rd Marines 10 Kilometer Run, at no charge to

Youth Sports Registration — Marine Corps Community Services' Youth Activities is now accepting applications for numerous youth sports programs. If your child is interested in baseball (three leagues are available), volleyball, in-line hockey or ice hockey, call 254-

The Youth Activities building is located behind Mokapu Elementary School in Bldg.

Championship Wrestling — It's madness. It's chaos. It's the best of the baddest with Hawaii Championship Wrestling hitting the ring Saturday Kahuna's Sports Bar & Grill.

Watch Hawaii's top wrestlers

make the moves and rock the ing objective, so spend the day ring from 7 to 9 p.m. in Kahuna's Community Ballroom. Tickets are only \$8.

Call 254-7661 for more information.

Pro Bowl Tickets — Pro Bowl tickets are now available at the Information, Tickets and Tours office located at Mokapu Mall, Kaneohe Bay. Sideline seats are \$87.50.

Make a pass by ITT for more information, or call 254-7563 while supplies last.

NFL Football — Catch the NFL Conference Championships live on Direct TV featuring NFL Ticket at all three MCB Hawaii clubs: Kahuna's Sports Bar & Grill, the Staff NCO Club Rocker Room and the Officers' Club. Get the big-screen treatment and enjoy breakfast in a comfortable atmosphere.

Gone Fishin' — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fish-

with family and friends off the coast of windward Oahu catching some of the ocean's most exotic and tasty fish.

Dive charters are available for the crystal clear waters surrounding Kaneohe Bay. Call 254-7667 for more information.

Color Pin Special — Roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

19 / Monday

Massage Special Throughout the month of January, receive 10 percent off a massage from the Semper Fit Center's massage therapist Caitlen Nichols. Look for the flyer with the coupon at the Semper Fit Center, and schedule an appointment with Nichols Monday, Wednesday Thursday or Sunday.

Massage therapy is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

Klipper Golf Course — Make the Staff NCO Restaurant your 19th hole. The restaurant is open to all hands for lunch Mondays through Fridays from 11 a.m. - 1 p.m. After a challenging game, head to the club for a refreshing beverage and a delicious meal.

Inexpensive and **Entertainment** — Look no further for an entertainment bar-Mondays through Thursdays, all E-5 and below receive free rental shoes and discounted games at K-bay Lanes; bowl for only \$1.50 per game.

This discount is good for open play, and does not qualify for tournaments, leagues or unit functions. Visit your K-Bay Lanes now to get the spin on this deal, or call 254-7693 for more details.

Beginner Fitness — The Semper Fit Center hosts eightweek sessions that meet twice a information.

week with a Certified Personal Trainer to assist those wanting to learn how to exercise the correct and smart way. Call 254-7597 to get started on your way to a more fit you in 2004.

Parents for Fitness (PFFP) — This cooperative baby-sitting effort, open to children ages 6 weeks and older, is available at the Semper Fit Center, Kaneohe Bay, for all active duty service members and their families. The only requirement is that PFFP participants volunteer baby-sit three times per month. For details, call 235-6585.

26 / Monday

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your unit's basketball team. Games begin at 6, 7 and 8 p.m.

For sign-up information, call MCCS Intramural Sports at 254-7591.

Intramural Baseball — Take a swing by Reiseley Field on Mondays, Tuesdays, Wednesdays or Fridays at 6:30 p.m. to root for your favorite team.

FEBRUARY

1 / Sunday

Super Bowl — Catch the game on the big screen at any club aboard MCB Hawaii or at the Kahuna's Recreation Center, Kaneohe Bay. Kick off starts at 1:30 p.m., and all clubs will be hosting unique parties.

4 / Wednesday

Scratch Bowling — All branches of the military are invited to sign up for the Hawaii Marine Intramural Scratch Bowling Tournament to be held Feb. 9-12 at K-Bay Lanes. Pick up an application at the bowling lanes, or call 254-7664 for more information.

Swimming Lessons — Join the MCCS Aquatics team for some exercise and a little fun in the sun. Build your water confidence and awareness with Saturday Swim Lessons available at the base pool, Kaneohe

Call 254-7655 for registration



Base All Star

NAME: Chris Clarke

AGE: 8

GRADE: 2nd

SCHOOL: Mokapu Elementary

- He scored the game high of 20 points for his team, the Lakers, during its first season game against the Thunders, aboard MCB Hawaii, Kaneohe Bay.
- •He has been playing basketball for more than two years.
- He has played for the Wizards at Fort Lee, Va., and for the Lakers.

"Basketball is fun; you get to shoot and run and spend time with friends."

COMMUNITY SPORTS

Great Aloha Run Welcomes Military Racers

All Department of Defense employees, military and their family members are invited to participate in the 20th Annual Great Aloha Run, Feb. 16, the Presidents' Day holiday.

The 8.15-mile flat course will start at the Aloha Tower in downtown Honolulu at 7 a.m., wind its way along the historic harbor, down Nimitz and Kamehameha Highways, then on over to Aloha Stadium.

Plenty of entertainment and refreshment aid stations will greet runners along the route, and all who complete the run will receive a finishers' T-shirt.

Today is the last day for the regular entry donation of \$17 for military and \$15 for keiki 12 and under. Beginning tomorrow, the late entry donation is \$27 for military and \$15 for keiki 12 and under. To register, simply fill out an entry form (one per person) available at various locations, or call 528-7388 for more details.

The nonrefundable entry donation includes eligibility for random-draw prizes, the finisher T-shirt, and post-race refreshments and entertainment. Entrants under 18 must be registered with a release statement signed by their parent or guardian, and children under 7 must be carried, pushed, or pulled in a stroller. No roller skates, inline skates,

will be allowed on the racecourse.

Military units can participate in the "Sounds of Freedom" race category for formation runners. Call 655-8789 for more information.

The Bank of Hawaii is sponsoring cash awards for the top 3 military (male and female) finishers: \$1,000 for first, \$500 for second and \$250 for third place. As well, cash awards will be provided in the same amounts for the top 3 finishers in the Open Division. Trophies and medals will also be provided to runners in age group categories.

Mega Mahalo is extended to the many sponsors of this year's Great Aloha Run, which benefits Carole Kai Charities of more than 100 nonprofit organizations in Hawaii.

Keiki Invited to Great Aloha Fun Run, Circus Party

Children 12 and under can participate in a fun run just for them, Feb. 14 at 8

Just under two miles, this fun run will start at McKinley High School facing Ward Avenue. Adults may run with kids who are under 5 years old.

Entry donation is \$12 for the first child in a family, \$10 for others and \$5 for adults running with their children.

Register by Jan. 31 to avoid the late entry donation of \$15. Registration

bikes, scooters, skateboards or animals includes entry to the Great Aloha Run Expo, parking and admission to the Circus Party — complete with refreshments; ono snacks, pizza and hot dogs; clowns; balloons; magicians; fabulous prizes; extreme fun inflatables; mega entertainment; and much more.

Every finisher is a winner of a T-shirt!. Call 528-7388 for application details.

Family Fitness Expo Opens in February

Make plans now to attend the Great Aloha Run Family Fitness Expo at the Neal Blaisdell Center at 777 Ward Ave., Feb. 13 from 4 - 10 p.m., Feb 14 from 10 a.m. to 8 p.m. and Feb. 15 from 10 a.m. to 5 p.m.

All preregistered entrants to the Great Aloha Run will receive a postcard for free admittance to the Expo and free parking at Blaisdell.

Hawaii Trail and Mountain Club **Hikes Tomorrow**

Intermediate-level hikers can start from the heiau and scramble their way to the Kamiloiki ridge top, Saturday at 8 a.m., when HTMC takes this five-mile trek. The hike will boast up and down undulations toward the Ko'olau Crest, where breathtaking views of Waimanalo and its environs await.

Also, mark your calendars for the HTMC Clubhouse barbecue potluck and

slide show, Jan. 24 at 4:30 p.m., and the

10-mile Moanalua hike, Jan. 25 at 8 a.m. A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18.

Firearms, pets, radios and other audio devices are prohibited on hikes.

Call coordinator Mike Mottl at 254-6360 for more information about this hike and the HTMC.

Bellows Sponsors Camping

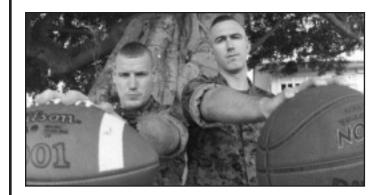
Bellows offers a great climate for yearround camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one sixman tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest and a five-gallon water jug — all for just \$30 a day or \$154 a week.

Hawaii Marine Accepts **Sports and Recreation Faxes**

Advertise sports and recreational activities of general interest in the Hawaii Marine.

Fax items to 257-1289, or call the Hawaii Marine staff at 257-8836.



HE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Who should be the NFL Coach of the Year?

Capt. K. D. Robbins The Professor

I have had my fill with the New England Patriots bandwagon. Yes. The Pats have some game. They have a dominant defense and a core group of role players that keep the team intact — regardless of injuries, trades or free agency.

Bill Belichick can coach. He is a mastermind tactician who can do it all. But, he has Romeo Cornell, the architect of the Patriots dominating defense. But, is he really the 2003-2004 NFL Coach of the Year?

Bill Parcells took a team that went 5-11 last season to a 10-6 record and wildcard playoff birth in 2003. But, Dallas knows "how" to win and they have an owner who knows what it takes "to" win.

Carolina's John Fox transformed last year's 7-9 Panthers into this year's "Cinderella" NFC Championship/possible Super Bowl contender.

Dick Vermeil's Kansas City Chiefs went from 8-8 to 13-3. But, who is the 2003-2004 NFL Coach of the Year? Marvin Lewis.

To the layman, Coach Lewis turned the abysmal Cincinnati Bengals 2-14 team into an 8-8 playoff contender. To the educated fan, he transformed the Bengals franchise from "loser" status to "winner" believer.

He motivated owner Mike Brown to open his wallet to upgrade Bengal facilities from the armpit of the NFL to a state-of-the-art training Mecca; invigorated Cincinnati sports writers careers with stories featuring a potential playoff birth, Pro-Bowl selectees and high-profile attitude; motivated former top draft choice Peter Warrick to drop 15 pounds and return to the same playmaking style he showcased at Florida State; and his patience with the hotheaded Cory Dillon allowed an upstart Rudi Johnson to emerge as a future star at the running back position.

Bottom Line: Above all, Marvin Lewis put the butts in the buckets. Cincinnati fans not only came back, they also came in droves. The team that once offered plenty of good seats available on Sundays now sees Paul Brown Field as the home field advantage atmosphere that NFL organizations need to reach championship status. Bill Belichick did a masterful job. Nevertheless, only one man could have performed this miracle in Cincinnati. Marvin Lewis, the 2003-2004 Coach of the Year is that man.



Sgt. Joe Lindsay The Goat

The Goat had to wrestle The Tuna all night in his mind, going over and over how anybody save Dallas Cowboys head coach Bill Parcells could be 2003-04 NFL Coach of the Year, after turning last year's 5-11 team that was picked to finish last this year into 10-6 playoff contenders.

And then it hit him like a crushing tackle by strong safety Lawyer Milloy, the New England Patriots, err, Buffalo Bills star defensive player. Days before the start of the season, Pats head coach Bill Belichick cut the much-maligned superstar and the Bills quickly picked him up. As fortune would have it, the Bills crushed the Pats, 31-0, on opening day, leaving Belichick looking like a goat.

Five months later, after a 12-game regular season winning streak, the Pats are one game away from returning to the Super Bowl. And though the playoff win last week came after the voting for Coach of the Year was complete, it speaks volumes that the writers made the right decision in picking Belichick for the award. In fact, it wasn't even close. Belichick received 35½ votes. Cincinnati's Marvin Lewis, who did a masterful

job, finished second in the balloting with seven votes, while Parcells had six and a half. Philadelphia's Andy Reid rounded off the voting with one

What separates Belichick from Lewis is guts — the guts to cut a star player for the good of the team. When Milloy started acting like a punk, Belichick sent him packing. When Lewis' star player, Corey Dillon, started acting like the NFL's version of Rasheed Wallace, Lewis coddled him. The result, though monumental by Bengal standards, was an 8-8 record and no invitation to the playoff party. Not exactly Coach of the Year credentials.

Still, Lewis deserves props for making Cincinnati respectable, because basically they really do suck. But Coach of the Year? C'mon.

Bottom Line: Going .500 may be a miracle if you are the Bad News Bears in a made-for-TV movie, but in the NFL, it just doesn't cut it. Belichick and the Pats were a .500 team after they started the year at 2-2. Then a funny thing happened. They finished 14-2 and Belichick was named Coach of the Year. Go figure. For once, the writers got it right, and The Goat is strapped in and pulling the bandwagon.

"...We have sworn off "The **Bottom Line**" forever'

As a former Marine and a disabled veteran, I make it a point to follow what is going on in my beloved Corps. Unfortunately, it almost got me divorced. You see, I regularly read the online versions of base newsthe Hawaii Marine a few months ago, I was hooked.

nis (Is Tennis a Man's or Woman's Sport? Dec. 5, 2003,

C-3), and I started to chuckle. This peaked my wife's curiosity and she read it too. Mistakenly thinking she was laughing at the same thing I was, I stupidly said something to the effect of "Boy, that Goat sure hit the nail on the head. Finally, someone who speaks the truth about women's sports."

I won't say what she said after that, but it led to a big fight, and she moved out.

The reason I am writing is because as fate would papers, and when I came across "The Bottom Line" in have it, it was also "The Bottom Line" that helped ing over guys who call themselves a Goat and a bring us back together. We have a son, and my wife Professor. Since then, my wife has only left the house One day I was reading the article on women's tenbrought him over to the apartment so I could visit.

We live in Florida, so when I read last week's

"Bottom Line," which ripped apart the Little Leaguers from East Boynton for running around the bases with the Japanese team (Who is the Story of the Year for 2003? Jan. 9, 2004, C-3), I thought I would score points with my wife by showing her what a jerk I thought the Goat was for writing what he did. Instead, my wife broke into a maniacal laughter. She thought it was hilarious. Then I started to laugh.

We were laughing at the ridiculousness of us fight-

held this month.

See STRIKE, C-6

——SPORTS AROUND THE CORPS——

'X-treme Challenge' could become Corps-wide program

Sgt. W.A. Napper Jr.

MCAS Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. — Physical fitness is one of the basic components of the Marine Corps lifestyle. In order to be one of "the few, the proud," physical fitness is a must.

Now there is a new program here for Marines aboard the air station to strive for their personal best.

"The X-treme Challenge is an incentive program that helps promote more

earn prizes each time they earn 100

than one activity while promoting better fitness," said Christine Stewart, Semper Fit fitness specialist and X-treme Challenge program coordinator. "It should take the average person about a year to complete this program, which will coincide with the launch of X-treme Challenge 2."

By completing various fitness activities, enthusiasts earn points that then translate into different prizes. Nearly all fitness activities are included in the program, 30 and 60-minute cardiovascular workouts, nine and 18-hole golfing, lap swimming, weightlifting, intramural sports, health fairs, more than 20 different activities in all. Fitness gurus can also do each activity more than once, sometimes up to 90 times per event.

For example, a pick-up game of basketball is worth one point for the Xtreme Challenge. Pick-up sports points can be maximized up to 90 points, which equates to 90 different games of basketball. Other sports included in this category are volleyball, softball and racquet-

"This program promotes a healthy total lifestyle," said Stewart, who has been developing the program since April 2003. "That's why you can't do the exercise bike everyday for the rest of your life and earn all the prizes."

As soon as participants earn 100 points, they are entered into a quarterly drawing where they can earn gift certificates and other fitness and sports prizes. Aside from the drawings, participants

points. Once they earn 600 points, they are dubbed an X-treme Challenger and will receive a certificate and have their picture posted at the facility they signed up at, as well as entry into the drawing

Some of the prizes offered will be water bottles, workout towels, selfmeasuring tapes, workout radios and

There is a one-time registration fee of \$5 to sign up for the program, which is paid after the first two prizes are earned. Stewart said the program is based on the honor system, giving Marines on deployment the chance to continue to participate in the program while they are gone.

"All they have to do is keep track of what they do and turn it in when they get back," she said. "They'll get all the prizes when they return."

Although the program is currently only offered at Miramar, Stewart said she hopes the X-treme Challenge will go Marine Corps-wide.

"This program is to help motivate our Marines and to make working out more fun," she said. "If it goes Marine Corpswide, that would really be great."

The program is run on a three-year cycle, with each year promising to be more challenging and more fun than the previous year. Participants can sign up at any time.

"We're all excited about it," she said. "The more successful this program is the more prizes we can get and the better services we can provide."

A gym enthusiast racks a set of dumbells at the Semper Fit Gym Wednesday as he earns points toward the X-treme Challenge fitness program.



spotlight on health

All should seek healthier lifestyles in 2004



Major Ed Rodgers, a pilot with Marine Heavy Helicopter Squadron 463, pumps some iron while working out at the MCB Hawaii, Kaneohe Bay Semper Fit Center.

NAPS Featurettes

Why do millions of people put up with common health problems such as constipation, heartburn and gas instead of seeking relief?

"People can get complacent about common health problems, especially if they accept the notion that they're just a part of life," said Dr. Donnica Moore, a leading women's health expert, columnist and TV personality. "This year, I'm teaming up with the makers of Dulcolax to spread the word that you don't need to suffer in silence; there are simple steps you can take to get relief."

To help make it easier for people to resolve to stay healthy, Dr. Moore offers the following tips:

• Resolve to exercise more. Take daily walks, no matter what the weather. The colon responds to activity; people who exercise regularly rarely complain about constipation.

• Resolve to eat less fat and more fiber. The American Dietetic Association recommends 20 to 35 grams of fiber every day. Start your day with a glass of juice and a bowl of cereal with fresh fruit, sip a cup of vegetable soup at lunch, pack an extra piece of fruit for a mid-afternoon snack.

People who eat plenty of high-fiber foods are less likely to become constipat-

•Resolve to drink more H2O. Water and juice add fluid to the colon and bulk to stools, helping to make bowel movements softer and easier to pass. Beware of liquids containing caffeine; they may have a dehydrating effect.

•Resolve to listen to your body. Be aware of lifestyle changes and their potential effect on your regularity.

•Resolve to learn more. Talk with friends and family to find out what works for them.

Multivitamin choices raise confusion

Lynn Laboranti NAPS Featurettes

One hundred million Americans take a vitamin or dietary supplement daily. If you're one, you may want to know some of the most frequently asked questions about multivitamins.

Why do I need a multivitamin?

Our bodies cannot absorb all the nutrients found in the foods we eat, so a daily multivitamin is much like

ensures the recommended daily allowance (RDA) for specific vitamins and minerals are obtained. This is important because, according to the most recent Healthy Eating Index survey conducted by the USDA, most Americans do not eat a healthy balanced diet on a daily basis.

needs?

Yes. As men age, additional

a nutritional insurance policy; it nutrients like lycopene, an important antioxidant for prostate health, and vitamins E and C are needed. Men should also select a multivitamin formulated for their gender and age.

> Do women have special nutritional needs?

Yes! A woman's nutritional needs are a bit more complex than a Do men have special nutritional man's, because of her varied life

See VITAMINS, C-6



Private First Class Gabriel Deleon, a rifleman with 3/3, gets nutrition advice from Angel Cancel.

Heavy stress could lead to unwanted weight gain

NAPS Featurettes

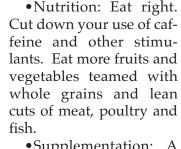
Don't stress out over your weight. That's the message from medical researchers, who say stress is one of the biggest factors in bigger waist-

The stress of day-today living can trigger the release of a hormone bloodstream. Over time, chronically elevated levels of cortisol cause the body to gain and retain weight. Cortisol tells your brain that you're hungry, so you eat more, and it tells your fat cells to store as much fat as they can, especially in the abdomen, says Dr. Shawn Talbott, author of the "Cortisol Connection."

To help Americans deal with stress that can lead to weight gain, Dr. Talbott developed a five-step program called SENSE. The following are some tips that may help you:

•Stress Management: Take some time for yourself, doing things that you Maintaining a good support system of family, friends and professional counselors can be important components of coping.

•Exercise: Being active is an effective outlet for stress. Try to exercise 30 minutes per day, three to four days a week.



•Supplementation: A daily multivitamin can help alleviate the negative effects of stress.

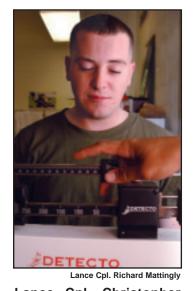
•Evaluate: Find a called cortisol into our weight loss/stress reduction program that works for you.

> "Join a yoga class, take the dog for a walk, or just talk about your feelings to a group of friends," says Dr. Talbott. "Just the fact that you're taking control of your situation means that your body will respond more favorably to stressful events."



Lance Cpl. Megan L. Stiner

Lance Cpl. Javier J. Rodriguez, separations clerk with the Base **Personnel Administration** Center, finds himself in a stressful moment at work in the office. Fitness and health experts say holiday and work-related stress can be common causes of weight gain.



Lance Cpl. Christopher Carpentier, an S-3 clerk with Headquarters Bn., MCB Hawaii, gets on the scale to check his weight after the start of a new year. Proper exercise and nutrition can help ward off extra pounds.

C-6 • January 16, 2004

RUN, From C-1

Sgt. Maj. David Smith, regimental sergeant major for 3rd Marine Regiment. "We plan on having more than 1,000 Marines out there."

Entry into this year's Great Aloha Run is \$27 for individual runners after today, and \$12. for "Sounds of Freedom" formation runners.

For a registration form, contact your chain of command or the Great Aloha Run at 528-7388.





Laker Lorenzo Walker, center, defends a pass from a Thunders forward. The Lakers won the game, 44-12, to start the season off with a 1-0 record.

LAKERS, From C-1

returned with a renewed sense of hope and vitality — thanks to their coach's motivating reminders.

Within the first 30 seconds of the second half, the Thunders blasted every Laker in their path and scored their second shot of the night. Things began looking up for the underdogs as the crowds cheered loudly.

Within the first two minutes of the half, the Thunders managed to score eight points and still hold back the Lakers' offense that in turn only made one shot.

Although the Thunders were still far behind, they had finally put some points on the board. With without a fight.

16 minutes left, the score read 38-10.

Through the last minutes of the game, the Thunders continued to fight tooth and nail attempting to close down the gap between the two.

As the timer wound down, neither team was scoring; the game had become a pure battle of defense. But the Lakers still had the upper hand, and with one minute left in the game, they managed to score six more points while Thunders only gained two.

The game finally came to a close with the Lakers still ahead, 44-12, but the Thunders had proved they would not go down

VITAMINS, From C-4

stages including childbearing, premenopausal and menopause. woman of childbearing age should consider calcium, folic acid and iron supplementation because the female diet often lacks these nutrients.

How do nutritional needs change with age?

Older Americans should take a multivitamin rich in antioxidants. These nutrients fight free radicals - environmental compounds that cause premature aging. Women may also want to consider taking additional calcium with vitamin D to prevent osteoporosis.

Older Americans also less iron. Deficiency of certain vitamins, such as vitamin B12, may occur with age and a multivitamin can help ensure adequate B12 intake. These changing nutritional needs show why it's important to take a multivitamin designed for your age.

How does frequent exercise affect my nutritional needs?

Take a multivitamin with high antioxidant levels to combat the stress regular exercise puts on the body. Antioxidant vitamin E may enhance muscle recovery and the antioxidant vitamin C, and some B vitamins may be flushed out of the body with perspiration. B vitamins also help support healthy energy levels.

When should I take my multivitamin?

It's a personal preference. I would recommend taking a multi at mealtime for best absorption of nutrients. The fat content of meals can help absorb the fat-soluble vitamins (A, D, E, K) found in the multivitamins. Taking your multi with food also helps to prevent stomach upset.

How can I learn more?

Ask a registered dietitian or nutritionist or check with your physician or pharmacist if you have a health concern.

STRIKE, From C-3

once to go back and get her clothes to bring them to the apartment, and we have sworn off the "Bottom Line" forever for the sake of our marriage.

Sincerely yours and Semper Fidelis,

> Kristopher Haloj Former Corporal of Marines from Miami, Fla.